

Watson

1602

*An Almanacke or*Kallender, seruing, for the  
yeare of our redemption.

MDCII.

Being the Second from the leape yeare,  
And from the worlds creation.

5564.

Collected according to lawfull Arte,  
and referred especially to the Meri-  
dian of Braintry, and will fit any  
place else in England.By Robert Watson practitioner  
in Physicke.

Haud curo Inuidiam.

Imprinted at London for E. White  
the assignee of James Roberts.

Cum priuilegio Regiæ Maiestatis.

# The contents of this present yeares Kalender.

The Prime or golden number is.	vii.
The Circle of the Sunne is.	xxii.
The Dominicall letter.	Ⓢ
The Epact.	xxii.
Shrouesunday is.	Februa. xiiii.
Easter day is.	April. iiii.
Rogation Sunday is.	May. ix.
Ascension day is.	May. xiiii.
Whitsunday is.	May. xix.
Aduent Sunday is.	Novemb. xxviii.
Betweene Newyeares day and Shrouetide, are vi. weekes and ii. dayes.	
Betweene Whitsontide and Midsummer, are iiii. weekes and iiii. dayes.	
The bad dayes to fall sicke or take Physicke, or to begin any great busines, are noted in the Kalender thus. Δ.	

# A necessary rule to know the beginning & ending of euery Term, with their Returnes.

**Hilary Terme** beginneth the xxiii. day of January, and  
endeth the xii. day of February: and hath foure Returnes.  
That is to say.

Octabis Hillarij.

Quind. Hillarij.

}

{ Crastino Purifica.  
Octabis Purifica.

**Easter Terme** beginneth xvi. dayes after Easter, and  
endeth the Sunday next after Assention day. And hath siue  
Returnes. That is to say.

Quind. Pasche.

Tres Pasche.

}

{ Mense Pasche. { Quinq; Pasche.  
Crasti. Ascension.

**Trinity Terme** beginneth the Friday next after Trinity  
Sunday, & endeth the Wednesday fortnight after. And hath  
foure Returnes. That is to say.

Crast. Trinitatis

Octab. Trinitatis.

}

{ Quind. Trinitatis.  
Tres Trinitatis.

**Michaelmas Terme** begins the ix. day of October, and  
endeth of xxviii. November. And hath viii. Returnes. That  
is to say.

Octabis Michael.

Quind Michael.

Tres Michael.

Mense Michael.

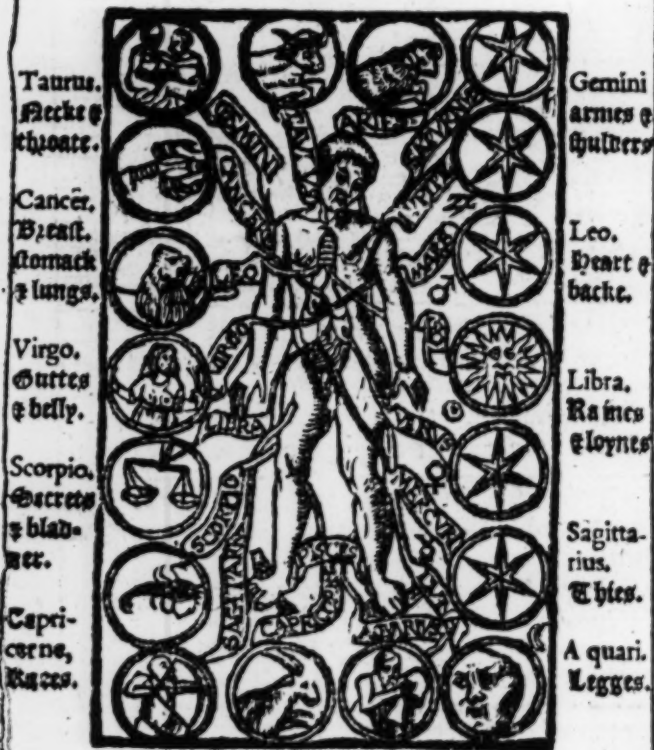
}

{ Crast. Animarum.  
Crast. Martini.  
Octa. Martini.  
Quind. Martini.

Note also, that the Exchequer openeth eyght daies before  
any Terme begin, except Trinity Terme, in which it open-  
eth but foure daies before.

**T**he Anotamy of mans body  
and howv the xii. signes doe go-  
uerne the same.

Aries. The head and face.



Taurus.  
Necke &  
thoate.

Cancer.  
Breast.  
Stomack  
& lungs.

Virgo.  
Guttes  
& belly.

Scorpio.  
Secrets  
& blad-  
ner.

Capri-  
corne,  
Knees.

Gemini  
armes &  
shulders

Leo.  
Heart &  
backe.

Libra.  
Raines  
& loynes

Sagitta-  
rius.  
Thies.

A quari.  
Legges.

Pisces. The fette.



# January hath xxxi. daies.

Spiste cups are good, wine warms the bloud,  
let exercise thy Phisicke be:  
For slouth breeds shame, & Venus game,  
worke for thy health, if worke may be

i	a	Newyears. D.	Airg.	5	△	
ii	b	Oct. Streuen.	Airg.	19		
iii	c	Oct. John.	Libra.	3		☾ Last quar.
iiii	d	Oct. Iudith.	Libra.	16		the 5. day,
v	e	Depot. Edw.	Libra.	29		at v. in the
vi	f	Twelfe day.	Scorp.	12	△	morning.
vii	g	Felix. & Jan.	Scorp.	24		
viii	a	Lucian.	Sagit.	6		
ix	b	Paul Herm.	Sagit.	17	△	
x	c	Sun. in Aquar.	Sagit.	29		☉ New moon
xi	d	Linus mart.	Capri.	11		the 13. day,
xii	e	Arcadius.	Capri.	23		at viii. in the
xiii	f	Hillary Bishop	Aquari.	5		morning,
xiiii	g	Felici. Dilect.	Aquari.	17	△	
xv	a	Mauricius.	Aqua.	29		
xvi	b	Parcellus.	Pisces.	11	△	
xvii	c	2. Sun. aft. Epi.	Pisces.	24		☾ First quar.
xviii	d	Pisces.	Aries.	7		the 21. day
xix	e	Moltane.	Aries.	20		at iii. & 42. mi.
xx	f	Fabian & Se.	Taur.	3		in the morning
xxi	g	Octau. Hillari.	Taur.	17	△	
xxii	a	Vincent.	Gem.	1		
xxiii	b	Terre begins	Gem.	16	△	
xxiiii	c	3. Sun. aft. Epi.	Canc.	1	△	☉ Full moon
xxv	d	Con. of Paul.	Canc.	16		the 27. day,
xxvi	e	Pollicarpe.	Leo.	1		at iii. & 18. mi.
xxvii	f	John Christoff	Leo.	15	△	after noone,
xxviii	g	Quind. Hillari	Leo.	29		
xxix	a	Theodore.	Virgo.	13	△	
xxx	b	Batilde.	Virgo.	27		
xxxi	c	Septuag. Sund.	Libra.	10	△	

# February hath xxviii. daies.

The ayre moyft and colde, be not too bolde  
with fifh and foule that fennifh are:  
If Agues fhake, fome phificke take,  
by good aduife or elle forbear.

i	d	Briget. faſt.	Libra	23		
ii	e	Pur. of Ma.	Scorpio	6		
iii	f	Wla. craſt. Pu	Scorpi.	19	△	☾ Laſt quare the 3. day,
iiii	g	Gilbert.	Sagit.	2		at xi. & 30. mi.
v	a	Agathy.	Sagit.	14	△	at night.
vi	b	Dorothy.	Sagit.	26		
vii	c	Sexag. ſunday	Capri.	8		
viii	d	Paul biſhop.	Capri.	20		
ix	e	Scolasti. vir.	Aqua.	2		
x	f	Bother.	Aqua.	14	△	☉ New moon the xii. day,
xi	g	Sun in Pil.	Aqua.	26		at ii. & 27. mi.
xii	a	Term. end.	Offices.	8	△	in the morning
xiii	b	Molfrane biſh.	Offices.	21	△	
xiiii	c	Quinqu. ſund.	Aries.	4		
xv	d	ſawſtine.	Aries.	17	△	
xvi	e	Shroue Tewſd	Aries.	30		
xvii	f	Policarp.	Tau.	14	△	☾ First quar the 19. day,
xviii	g	Simcon. biſh.	Tau.	28	△	33. mi. after x.
xix	a	Sabinus.	Gem.	11		in the morning
xx	b	Mildred.	Gem.	26		
xxi	c	I. Sun. in Lent.	Can.	10		
xxii	d	Cathed. Petri	Can.	25		
xxiii	e	Embr. we. ke	Leo	10	△	
xxiiii	f	S. Bathy.	Leo	24	△	☉ Full moon the 26. day
xxv	g	Alexander.	Vir.	8		at iii. & 45. mi.
xxvi	a	Reſlor.	Virgo	22		in the morning
xxvii	b	Auguſtine.	Libra	6	△	
xxviii	c	2. Sun. in Lent	Libra.	19		

# March hath xxxi. daies.

Now humors grow well mayst thou know,  
by earths encrease abundantly:  
Let meate be pure if paines procure,  
seeke helpe of such as learned be.

i	d	Dauis.	Scorpio. 2		
ii	e	Chad.	Scor. 14	△	
iii	f	Daurice.	Scor. 26	△	☾ Last quar.
iiii	g	Adrian.	Sagitt. 9		the v. day,
v	a	Focas.	Sagitt. 21		at vii. at night
vi	b	Alctor.	Capri. 4		
vii	c	3. Sun. in Lent	Capri. 16		
viii	d	Depos. of Fel.	Capri. 28		
ix	e	XL. Martirs.	Aqua. 10	△	● New moon
x	f	Agapit.	Aqua. 22	△	the 13. day,
xi	g	Sun ent. Aries.	Pisces. 5		at v. at night.
xii	a	Gregory.	Pisces. 17		
xiii	b	Theodore.	Aries. 0		
xiiii	c	Midlent Sund.	Aries. 13	△	
xv	d	Longue mart.	Aries. 26		☾ First quar.
xvi	e	Hyta.	Tau. 10	△	the 20. day,
xvii	f	Gertrude.	Tau. 24	△	at xiii. & 32. mi
xviii	g	Edw. King.	Gem. 9		in the after
xix	a	Ioseph ma. hus	Gem. 23		noone.
xx	b	Euthbert.	Tau. 7		
xxi	c	3. Sun in Lent	Tanc. 21		
xxii	d	Afrodoso.	Leo. 5		
xxiii	e	Wignentius.	Leo. 20	△	● Full moone
xxiiii	f	Fast	Virgo. 4		the 27. day
xxv	g	Annun. Mary	Virgo. 18		at xix. & 35. min
xxvi	a	Castor.	Libra. 1		in the after
xxvii	b	Partian.	Libra. 14		noone.
xxviii	c	Palme Sunday	Libra. 27		
xxix	d	Alctorine.	Scorpi 10	△	
xxx	e	Querine.	Scorpi 21	△	
xxxi	f	Adelme.	Sagita. 5		

# Aprill hath xxx daies.

Bleed, bath and purge, If reason vrgē,  
but let the learned so aduise :  
Blinde Bayardes skill, more people kill,  
then the forraigne sword, such help despise

i	g	Siluarde.	Sagit.	16		
ii	a	Mary Egypt.	Sagit.	28		
iii	b	Richard bish.	Capri.	11		☾ Last quar.
iiii	c	Easter day.	Capri.	23		the 4. day.
v	d	Blacke Mun.	Aqua.	6		at one 32. mi.
vi	e	Sertus.	Aqua.	18	△	aft. noone,
vii	f	Euphemia.	Pisces.	0		
viii	g	Deutle.	Pisces.	13		
ix	a	Perpetuus.	Pisces.	26	△	
x	b	Sun in Tan.	Aries.	9		☉ New moon
xi	c	Low Sunday.	Aries.	22		the 12. day,
xii	d	Julius bishop.	Tau.	6		at iiii. & 18. mi.
xiii	e	Jenone.	Tau.	20	△	in the morning
xiiii	f	Olffe.	Gem.	4		
xv	g	Olwalde arch.	Gem.	19	△	
xvi	a	Isidoze.	Can.	3		
xvii	b	Anicete.	Can.	18		☾ First quar.
xviii	c	2. Sun. af. East.	Leo.	2		the 18. day,
xix	d	Alphege. bish.	Leo.	16	△	33. mi. after ix.
xx	e	Ciccoz bish.	Airg.	6	△	at night,
xxi	f	Thorne beg.	Airgo.	14		
xxii	g	Sothervirg.	Airgo.	27		
xxiii	a	George mart.	Libra.	11		
xxiiii	b	Walfride.	Libra.	24	△	☉ Full moone
xxv	c	Barthe.	Scor.	6		the 26. day
xxvi	d	Elsie bish.	Scor.	19	△	25. min. after
xxvii	e	Anastafius.	Sagit.	1	△	iii. in the morn-
xxviii	f	Altalts.	Sagit.	13		ning,
xxix	g	Peter of Wll.	Sagit.	25	△	
xxx	a	Erkenw. dep.	Capri.	7		

# May hath xxxi.daies.

The earthes array the flowers in May,  
 New humors freshly to abound:  
 Whose rage to stay least hurt they may,  
 by Phillikes skill such meanes are found.

i	b	Phil. & Jacob.	Capri.	18		
ii	c	4. Sun. aft. East	Aqua.	0		
iii	d	Inuenti. crosse	Aqua.	13	△	☾ Last quar.
iiii	e	Christopher.	Aqua.	26	△	the 4. day,
v	f	Goddarde.	Pisc.	8		at vi. & 43. mi.
vi	g	Ioh. port. latin	Pisc.	22		in the morning
vii	a	Iohn of Bru.	Aries.	4		
viii	b	Appar. Micha	Aries.	17		
ix	c	Rogation Sun	Tau.	1		
x	d	Gordian.	Tau.	15	△	☉ New moon
xi	e	Pancras.	Taur.	29	△	the 11. day,
xii	f	Sun in Gern.	Gemin.	13		at one and 10.
xiii	g	Alcent. day.	Gem.	28		mi. aft. noone,
xiiii	a	Boniface.	Canc.	13		
xv	b	Ilidore.	Canc.	28		
xvi	c	6. Sun. aft. East	Leo.	13	△	☾ First quar.
xvii	d	Germe under b	Leo.	27	△	ter the 18.
xviii	e	Dioscorides.	Virgo.	11		day, at iii & 23
xix	f	Dunstane.	Virgo.	24		mi. in the mor-
xx	g	Barnardin.	Libra.	8		ning,
xxi	a	Helene Quee.	Libra.	21	△	
xxii	b	Transl. Barn.	Scor.	3		
xxiii	c	Whit Sunday	Scor.	16	△	
xxiiii	d	Geruade.	Scorp.	28		☉ Full moon
xxv	e	Urbane.	Sagit.	10	△	the 25. day,
xxvi	f	Ember weeks	Sagit.	22		at vi. & 24. mi.
xxvii	g	S. Beede.	Capri.	3		at night, being
xxviii	a	Germane.	Capri.	16		then Eclipse.
xxix	b	Corone.	Capri.	27		
xxx	c	Trinity sund.	Aquar.	9	△	
xxxi	d	Adelme.	Aquar.	21		

# Iune hath xxx. dayes.

Another tune sings (Hay month) Iune,  
forbidding sports of Veneri:  
Hot spice, strong wines, and medicines,  
allowing well the contrary.

i	e	Nicodeme.	Pisces.	3		
ii	f	Crastinus.	Pisc.	16	△	
iii	g	Corp. Christi.	Pisces.	29		☾ Last quar.
iiii	a	Termes begin.	Aries.	12		the 2. day.
v	b	Petronius.	Aries.	25	△	at 12 & 25. mi.
vi	c	1. Sun. af. Trin.	Tau.	9	△	at night,
vii	d	Denard.	Tau.	23		
viii	e	Transl. Com.	Gem.	8		
ix	f	Transl. Iuon.	Gem.	22		
x	g	Transl. Mola.	Can.	7		● New moon
xi	a	Barnabes.	Can.	22	△	the 9. day,
xii	b	Jun. ent. Can.	Leo.	7	△	43. minu. after
xiii	c	2. Sun. at. trir.	Leo.	22		viii. at night,
xiiii	d	Basil.	Virgo.	6		
xv	e	Alte & modest.	Virgo.	20		
xvi	f	Transl. Rich.	Libra.	4	△	
xvii	g	Botolph.	Libra.	17		☾ First quar.
xviii	a	Crupery.	Scorp.	0		the 16. day,
xix	b	Geruasius.	Scorp.	13	△	at 40. minut.
xx	c	3. Sun. af. trin.	Scorp.	25		before noone,
xxi	d	Walsburg. vic.	Sagit.	7		
xxii	e	Albane.	Sagit.	19	△	
xxiii	f	Ter. ent. Fall.	Capri.	1		
xxiiii	g	John Bapt.	Capri.	12		● Full Moon
xxv	a	Almandus.	Capri.	25		the 24. day,
xxvi	b	John & Paul.	Aqua.	6	△	at 12. & 20. mi
xxvii	c	4. Sun. af. trin.	Aqua.	18	△	before noone,
xxviii	d	Leo.	Fall.	Pisces.	0	
xxix	e	Peter Apostle.	Pisces.	12		
xxx	f	Com. of Paul.	Pisces.	24	△	

# Iuly hath xxxi. daies

As Iune before so Iuly more,  
forbiddeth lust, hot spice, and wine:  
And too much, sleepe they keep,  
that haue no need of medicine.

i	g	Oct. Iohannis. Aries.	7		
ii	a	Crista. Mary. Aries.	20		
iii	b	Tran of Tho. Tan.	3	△	☾ Last quar. the 2. day, at 2. in the mor- ning.
iiii	c	5. Sun. aft. trin. Tau.	17		
v.	d	Oct. Peter, Gem.	2	△	
vi.	e	Partialis. Gem.	16		
vii	f	Depo. of St. Cant.	1	△	
viii	g	Cyill bishop. Cant.	16		☾ New moon the 9. day, 21. min. aft. iii. in the morning.
ix	a	Trans. of Ben Leo.	1	△	
x	b	Alf. Brethren. Leo.	15	△	
xi	c	6. Sun. aft. trin. Virgo.	0		
xii	d	Abaz. & Felix Virgo.	14		
xiii	e	Deuillo. Apo. Virgo.	29	△	
xiiii	f	sun in Leo. Libra.	13		☾ First quar. t. e 15. day, c. & 45. min. at night,
xv	g	Trans. Swit. Libra.	26		
xvi	a	Tran. Dlm. Scorpi.	9	△	
xvii	b	Renelme king. Scor.	22		
xviii	c	7. Sun. af. trin. Sagit.	4		
xix	d	Dog daves br. Sagit.	16		
xx	e	Prinatus. Sagit.	28		☾ Fullmoone the 23. day, 23. mi. af. mid- night,
xxi	f	Paris vir. Capri.	10	△	
xxii	g	Mary Mag. Capri.	22		
xxiii	a	Apolina. Aqua.	3	△	
xxiiii	b	fast. Aqua.	15		
xxv	c	James Apoll. Aquari.	27		
xxvi	d	S. Anne. Pisc.	9		☾ Last quar. the 31. day, 12. mi. aft. 8. at night,
xxvii	e	Alf. Sleepers. Pisc.	21		
xxviii	f	Samplon bish. Aries.	4		
xxix	g	Felix & his fel. Aries.	16	△	
xxx	a	Abdon & Sen. Aries.	29		
xxxi	b	Germane. Taur.	12		

# August hath xxxi. daies.

The daies which are Caniculare,  
are farre vnsit to purge or bleed:  
In wine who ioyes, or Venus toyes,  
or sleepech much shall phisicke neede.

i		Lammas day.	Tau.	26		
ii	d	Steven. bish.	Gem.	10	△	
iii	e	Inuen. Stee.	Gem.	25		● New moon the 7. day, at 1. in the fore noone,
iiii	f	Iustine priest.	Canc.	10		
v	g	Festum Niuis.	Canc.	25		
vi	a	Tran. Christi.	Leo.	10	△	
vii	b	Festum Iesus	Leo.	24		
viii	c	10. Sun. aft. trin	Virg.	9		
ix	d	Romane.	Virgo.	23		
x	e	Laurence.	Libra.	7		☾ First quar. the 14. day, 33. min. after noone,
xi	f	Elburt.	Libra.	21	△	
xii	g	Clare.	Scorpi.	4	△	
xiii	a	11. Sun. in Virgo.	Scorp.	17		
xiiii	b	Cuthbert.	Sagit.	0		
xv	c	Assum. Mary.	Sagit.	13	△	
xvi	d	Roch. mart.	Sagit.	25	△	
xvii	e	Oct. Laur.	Capr.	7		● Full moone the 22. day, at 11. 20. min. in the after noone
xviii	f	Agapine.	Capri.	19		
xix	g	Pagnus.	Aquar.	1	△	
xx	a	Lodowicke.	Aqua.	12	△	
xxi	b	Barnard.	Aqua.	24		
xxii	c	12. Sun. aft. trin	Pisc.	6		
xxiii	d	fast.	Pisc.	19		
xxiiii	e	Barth. Apost.	Aries.	1		☾ Last quar. the 30. day at 11. 23. min. in the morning
xxv	f	Leues king.	Aries.	13		
xxvi	g	Seuerine.	Aries.	26		
xxvii	a	Timothy.	Tau.	9	△	
xxviii	b	13. Sun. aft. tri.	Taur.	23	△	
xxix	c	13. Sun. aft. tri.	Gemin.	6		
xxx	d	Felix & And.	Gemin.	20		
xxxi	e	Pauline.	Canc.	4	△	



# September hath xxx. dayes.

Raw fruites and new, makes many rue,  
Figges, Grapes, doe hurt but small:  
If thou haue need to purge or bleed,  
take good aduise or none at all.

i	f	Syles.	Cancer. 19		
ii	g	Anthony mart	Leo. 4	△	
iii	a	Lupe bishop.	Leo. 19		● New moon
iiii	b	Trans. Cuth.	Virgo. 3		the 5. day,
v	c	14. Sun. aft. tri.	Virgo. 18		21. min. after
vi	d	Eugenius.	Libra. 2		vi. at night,
vii	e	Pat. of Mary	Libra. 15		
viii	f	Stat. of Mary	Libra. 29		
ix	g	Gorgonz.	Scorpi. 12	△	● First quar-
x	a	Siskus.	Scorpi. 25		ter the 13.
xi	b	Proth & Iact	Sagitt. 7		day, 25. min.
xii	c	15. Sun. af. trin	Sagitt. 20		after v. in the
xiii	d	Sun. in Libra.	Capit. 3		morning,
xiiii	e	Holy. Rood va	Capric. 15		
xv	f	Ember weeke	Capric. 27		
xvi	g	Edithe.	Aqua. 9	△	● Full moon
xvii	a	Lambert bish.	Aqua. 21	△	the 21. day,
xviii	b	Victor & Cor.	Pisces. 3		17. mi. aft. vi.
xix	c	16. Sun. aft. tri.	Pisces. 15		in the morning
xx	d	Enface. Fast	Pisces. 27		
xxi	e	Bartho Apo	Aries. 10		
xxii	f	Paursce	Aries. 23		
xxiii	g	Tecla. vir.	Tau. 6		● Last quar.
xxiiii	a	Andocheus.	Tau. 19	△	the 28. day,
xxv	b	Firmine.	Gem. 3	△	21. mi. after x
xxvi	c	17. Sun. af. trin	Gemini. 17		before noone,
xxvii	d	Epri. & Iust.	Can. 1		
xxviii	e	Cruperius.	Can. 15		
xxix	f	● Perennia.	Can. 29		
xxx	g	Jerom priest.	Leo. 13	△	

# October hath xxxi. dayes.

Hauke, hunt, and sleep (if a meane thou keep)  
 drinke wine thats good and olde:  
 Preferre not wealth before thy health,  
 health farre excelleth golde.

i	a	Remigius.	Leo.	28	△	
ii	b	Leodegarius.	Virgo.	15		
iii	c	18. Sun. af. trin	Virgo.	27		● New moon
iiii	d	Frances.	Libra.	11		the 5. day,
v	e	Apolinarus.	Libra.	24		40. m. after 6
vi	f	Faith virgin.	Scorpio.	7		in the morning
vii	g	Delacy.	Scor.	20	△	
viii	a	Marcius.	Sagit.	3	△	
ix	b	Terme regis	Sagit.	15		
x	c	19. Sun. af. trin	Sagit.	28		☾ First quar.
xi	d	Picafius.	Capr.	10		the 13. day,
xii	e	Wilfride.	Capr.	22		at one in the
xiii	f	Sun. in scor	Aqua.	5		morning
xiiii	g	Eran. Edw.	Aqua.	17	△	
xv	a	Wolfran.	Aqua.	29		
xvi	b	Michael mon.	Pisc.	11	△	
xvii	c	20. Sun. af. trin	Pisc.	24		● Fullmoone
xviii	d	Luke. Evang	Aries.	6		the 20. day,
xix	e	Fridelwyde.	Aries.	19	△	at vii. & 39.
xx	f	Austerbert.	Tau.	2		unh. at night.
xxi	g	St. M. Virg.	Tau.	15	△	
xxii	a	Mary Salom	Tau.	29		
xxiii	b	Romaine arch	Gem.	13		
xxiiii	c	21. Sun. af. trin	Gem.	27	△	☾ Last quar.
xxv	d	Crispine.	Can.	12		the 27. day,
xxvi	e	Arsula.	Can.	23		2. m. after 4.
xxvii	f	Florence. Fair	Leo.	11	△	in the evening
xxviii	g	Simon & Ju.	Leo.	24		
xxix	a	Marcellus.	Virgo.	8		
xxx	b	Serinane.	Virgo.	23	△	
xxxi	c	22. Sun. af. trin	Libra.	7		

# November hath xxx. dayes.

Old wines & sweet, are thought most meete  
to breed good bloud and warme thee:  
From lust abtaine, and bath refraine,  
sweet spice now little harme thee.

i	d	All Saintes	Libra.	20		
ii	e	All Soules.	Scor.	3		
iii	f	Hubert.	Scor.	16	△	● New moon
iiii	g	Urbis.	Scor.	29		the 3. day,
v	a	Lete priest.	Sagit.	12		46.mi.after 7
vi	b	Leonards.	Sagit.	24	△	at night,
vii	c	23. Sun. af. trin	Capri.	6	△	weather.
viii	d	4. Crowned.	Capri.	18		
ix	e	Theodoros.	Aquar.	0		
x	f	Partin bish.	Aqua.	12		
xi	g	Partin Con.	Aqua.	25	△	☾ First quar.
xii	a	24. Oct. day	Pisc.	7		the 11. day,
xiii	b	Byle Bishop.	Pisc.	19	△	at ix. at night,
xiiii	c	24. Sun. af. trin	Aries.	2		dry & windy.
xv	d	Macute.	Aries.	14		
xvi	e	Edm. bish.	Aries.	27		
xvii	f	Init. Reg. Eliza	Tau.	11		
xviii	g	Oct. mart.	Tau.	28	△	☉ Full moon
xix	a	Elizabeth mar	Gem.	8		the 19. day,
xx	b	Edmond king	Gem.	22		50.mi. after 8
xxi	c	25. Sun. af. trin	Can.	7	△	in the morning
xxii	d	Cicely.	Can.	21		
xxiii	e	Clement mar.	Leo.	6		
xxiiii	f	Grifogonus.	Leo.	20	△	
xxv	g	Katherine.	Virgo.	6		☾ Last quar.
xxvi	a	Lyns bishop.	Virgo.	20		the 26. day
xxvii	b	Cerne robes.	Libra.	3		at ii vi min. in
xxviii	c	Aduent. Sun.	Libra.	17	△	morning.
xxix	d	Saturn. faw	Scor.	0		
xxx	e	St. Andrew	Scor.	13		

# December hath xxxi dates.

December colde bids men be bolde,  
with spiced cups to end the year:  
Good cloathes & warme, can doe no harme  
strong wine, good fires, mends Christmas cheere,

i	f	Elegi. bish.	Scor.	26	△	
ii	g	Loye.	Sagitt.	8		● New moon
iii	a	Dionode.	Sagitt.	20		the 3. day,
iiii	b	Barbara.	Capri.	3		11. min. after
v	c	1. Sun. af. Adu.	Capri.	15	△	noone,
vi	d	Nicholas	Capri.	27		
vii	e	Ambrose bish.	Aqua.	8		
viii	f	Concept. Ma.	Aqua.	20	△	
ix	g	Chyrian ab.	Pisces.	2		● First quar.
x	a	Eulaly.	Pisces.	14	△	the 11. day,
xi	b	Damase.	Pisces.	27	△	35. min. after
xii	c	2. Sun. af. Adu.	Aries.	9		11. at night,
xiii	d	2. Sun. ent. Capri.	Aries.	21	△	
xiiii	e	Arcadius.	Taurus.	5		
xv	f	Ember weeke	Taurus.	19	△	
xvi	g	D. Sapientia.	Gemini.	3		● Full moon
xvii	a	Lazarus.	Gemini.	17		the 18. day,
xviii	b	Gratianus.	Can.	1		34. min. after
xix	c	3. Sun. af. Adu.	Can.	16		11. at night,
xx	d	Iulian. parr.	Leo.	0	△	
xxi	e	S. Thomas.	Leo.	15	△	
xxii	f	XXX. Mart.	Virgo.	0		
xxiii	g	Victor virgtr.	Virgo.	15		● Last quar.
xxiiii	a	Fast	Libra.	0		the 25. day,
xxv	b	Christmas da	Libra.	15	△	14. min. before
xxvi	c	S. Steven.	Libra.	27		11. in the mo-
xxvii	d	S. John.	Scor.	10	△	ning.
xxviii	e	Innocents.	Scor.	23	△	
xxix	f	Thomas Bec.	Sagitta.	5		
xxx	g	Trans. James	Sagitt.	18		
xxxi	a	S. Queller.	Capri.	0		

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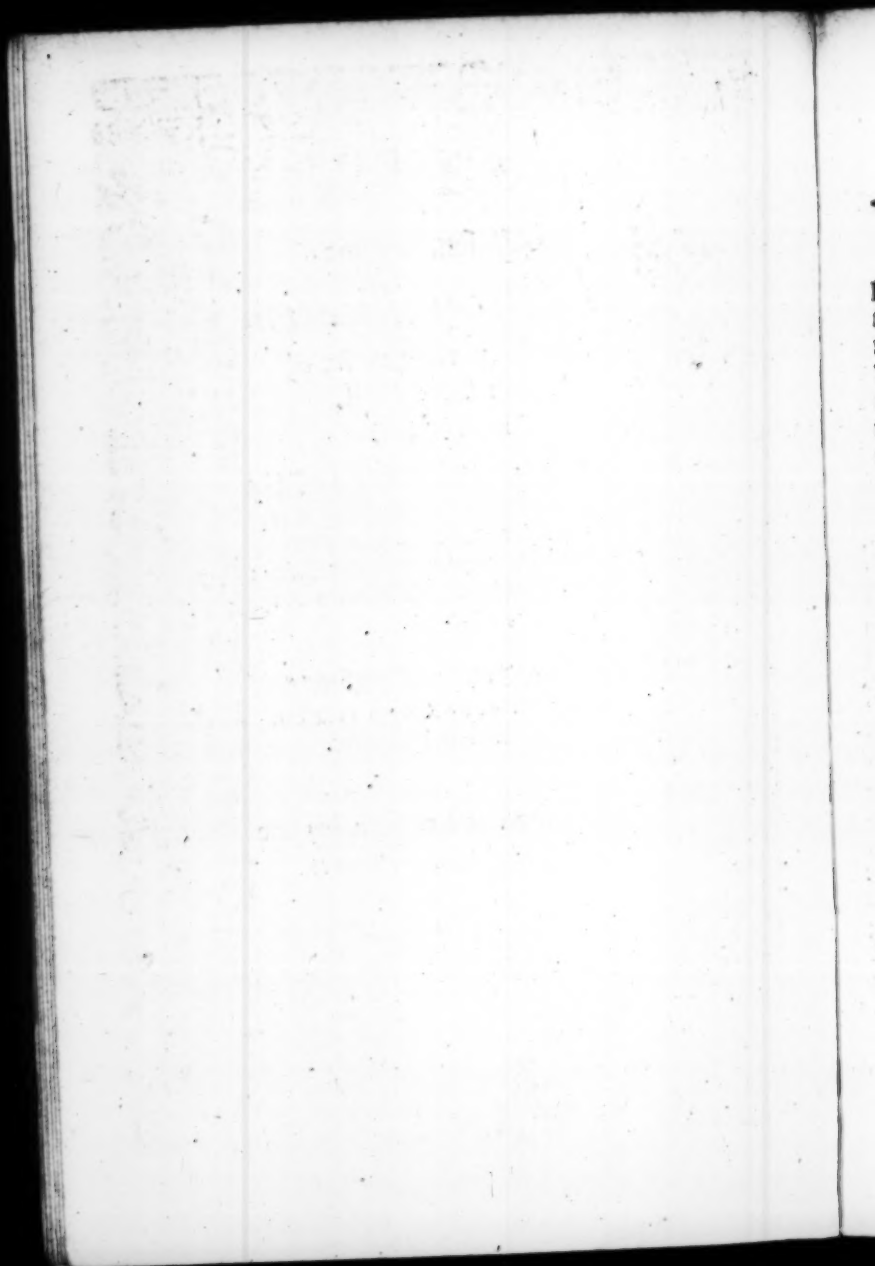
*A Prognostication*

for this present yeare of  
our Lord God,  
M. DC. II.

Containing the estate of the  
whole yeere: the disposition of each  
quarter, and inclination of the wea-  
ther for every daye in the yeare:  
With other necessary notes in the  
use of Physicke.

Gathered from the aspects of  
the Planets: by Robert Watton,  
Physitian in Waintree.

Imprinted at London by the  
*assignes of James Roberts.*



# Of the Eclipses to hap- pen this present yeare.

1602.

**V**pon the xxv. day of May (being Tuesday) almost halfe an houre after vi. at night : And likewise vpon the xix. of November (being Fryday) a little before ix. of the clock in the morning, the Moone (being at the full) shal suffer two great Eclipses, her whole body being both the times totally in darknesse and trouble, both which Eclipses (though they are not in our Horizon to be scene, because the first happeneth ere the Moone shineth that night vnto vs, and the last after she is downe in the morning) I thought good notwithstanding to note in regard of the bignesse of them both, and the significations which are not small.

Beside we are to obserue that (according to the opinion of diuers wrighters, there are in the reuolution of this yeare. The effects of foure Eclipses to take place; which is a thing so strange as the like hath not bene read or heard of in many yeeres before (except in the yeare past, 92. when the like happened) the significations whereof (though they be many & chole of great importance) yet I will omit them at this time, referring to the reader the obseruation of the former yeeres past since the forenamed 92. when the like was, wishing all and praying God that we may also reforme our lines and wicked wayes, that the like yeeres for lea;ury and trouble) continue not still among vs, whose sinnes are sufficient, and crye dayly vnto God, for these and greater plagues to fall vnto vs, if his mercy shine not still among vs that deserue rather his curse and vengeance &c.

# *Predictions to be obserued* in the foure quarters of this yeare.

## Of Winter.

Foe to all plenty, Winters nipping colde,  
hath robd Dame Ceres of her glories quight:  
Turning her beaury (bright as fairest gold),  
to dirty hew, like fearefull darketome night:  
This season colde and moist, like childhood shewes,  
of Rewme and Flegme, the nature by his dewes.

**O**ur present Winter began vpon the xii. of Decem-  
ber last being Saturday, which was the shortest  
day in the yeare, the Sun entering then the Win-  
ter Solstice Capricornus: from which time the dayes by  
degrees grow longer, euen till the contrary Summers  
Solstice Cancer, the last time of this quarter continueth  
twelue weekes and foure dayes.

This season (in temperature like water, the Phlegmatick  
humor, the Westerne winde and first age of man) (as by  
my small skill I can gather) is disposed reasonable at the  
beginning till the change of the Moone, which bring-  
eth with it much wet, with variable cold and windy dayes,  
till the new Moone in February, after much time it will be  
a little bettered by dry frosts and faire blowing dayes, and  
some kindly warme dayes, towards and in the beginning  
of March beneficiall to the earth and fruites of the same.

The sickneses of this season I feare will be itches  
and griefes in the breast, loynes and sides, inflammations  
and stuffinges in the lunges, Coughes, and Catharres,  
Ach,



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Ach, and Swimming in the head with ringing noyse in  
the Eares, Paines in the teeth, Palsies, Crampes, Joynt  
paines, and Swellings, Corruption in the Stomacke, and  
ill digestion Droopies, and Fluxes of the bowels, and ma-  
ny o'her colde and weake sicknesses dangerous events vnto  
death,

Colde Winter is no time for Physicks vse,  
except deaths danger call for helpefull speedes  
Rude shauing peasant wunterh skill to chuse,  
what dayes are fit for men to purge or bleed;

## Of the Spring.

Like welcome guest to late decayed friend,  
such is the comfort of bright Phæbus rayes:  
Earths want supplied her barren time doth end,  
when plenty comes by lengthned warmer dayes:  
This season hote and moist, like youthfull yeares,  
wherein the estate of Sanguine men appears,

**V**pon the xi. of March (being Thursday) beginneth  
our second quarter. A pleasant refreshing time cal-  
led the Spring, when the Sunne attayning ente-  
raunce into the Equinoctiall signe Aries, bringeth the  
day and night to an equall length viz. xii. houres in each:  
this season hath continuance the space of xlii. weekes and  
two dayes.

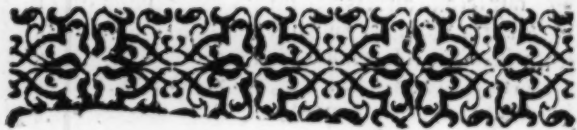
This quarter (resembling the ayre, mans blond, the  
South winde, and youth of man) as inclined this yeare  
(by my supposell) to an indifferent kindly estate, whereby  
the Spring is like to haue a good proceeding, both in re-  
gard of warme dayes, and seasonable springing shewes,  
notwithstanding, many cold morning frosts, especially at

### A Prognostication.

the beginning: yet the end of Aprill and whole moneth of May promitteth not altogether so good a time as before, for many continuing dayes of raïne, with tempests, thunder, and lightning, are like to end this season, better fitting the quarter following by course of nature.

The infirmities of the body this Spring, I doubt will be many reumaticke fluxions to the stomach and lungs, fluxes of blood and choller, dimnesse of sight, giddinesse in the head, Postumes of diuers sorts, many kindes of corrupt hoate Agues, with breaking out of the body, the small Pocks, and running Scabbes, swellings in the throat, and heate of the stomis, with many strange diseases of the infection of blood, very mortall, if remedy be not speedily applyed.

If health thou want, seeke helpe from lawfull Arte,  
what though afoole do hit the marke sometimes,  
The Barbers bleeding knife like fatall darr,  
cures some I know, to dooth his medicine.



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## Of Summer.

What Winters frosts, haue cauld to couch full lowe,  
and Springs accessle hath brought to grow on hyc,  
By Summers warmth, hath got a gallant shoue,  
all fruits grow ripe, all creatures multiply,  
Like middle age, this season hoat and drye,  
of Chollerick men the nature doth discrye.

**S**ummer quarter entreteth vpon the xiii. of June (being Sunday) at the proceeding of the Sunne into the first part of the Solstice Cancer, at which time is the longest day and shortest night, from which time the dayes shorten againe, and yeelde that time to the night, till they come to an equall length. This season endureth the space of xiii. weekes and one day.

This season inclining to the nature of fire, of Choller, the East winde, and middle age of man, is like (in my iudgement) in the beginning to abound in heate, and tempests of thunder, lightning and rayne, with many shewes sometime to the decaye of Haye, if businesse be not well followed: the middle parte will be a little better, yet thunder and lightning will bee no newes. The new Moone in August threatneth great heat and drought till September begin, at which time the abundance of rayne may chaunce to cause a flood.

Diseases like to be gricuous this quarter, are Tertians and hoate Feuers of diuers sorts: the Plurisie and Peripneumonia, with pestilent Agues, and sharpe paines of Choller, inducing the frensie and idlenesse of the braine, with much headache of heate, also hoate watering redde eyes, soze blistered mouthes, and thurs fluxes of the Bowels by sharpe Choller, &c. Finallye many diseases of corrupt inflamed bloud, dangerous in those

### A Prognostication.

those that haue neglected their health in the Spring being affected with their Luer and bloud inflamed.

Houte Sommer's rayes permit not Phisicks force,  
Yet skill may chuse in neede the fittest day:  
Dogge dayes are feard, feate more vnskilfull course,  
of doggish vpstarts; Phisicks foule decay.

### Of the Autumne.

What former seasons haue to riptness brought,  
by Autumnes course are gathered to the barme:  
Each growing plant, or shrub, that beareth ought,  
doth flourishfull men to plant labour warne,  
Extreame olde age, and Melancholike humor,  
this colde and drye last season doth discover.

**T**he second Equinoctiall which is our fourth quarter called the fall of the leafe, beginneth this yeare upon the xiii. of September (being Monday) when the Sunne entereth the signe Libra, reducing the day and night to an equall length as at the Spring, from which time the dayes decreasse til they come againe to their shortest: this season holdeth the space of xiii. weekes wanting one day.

This quarter (disposed like the earth, the melancholick humor, North winde and oldest age of man) is like this yeare (as I gesse) to beginne reasonable kindly, but that many windes will be busie and misty foggs abound: the new Moone in October sheweth some winny weather to follow, but for the most part pleasant warme Summer dayes will be in that moneth: but in November and so towards the end of this quarter, many frosts will be busie with much whyte weather of Deepe Snowe, the extraordinary

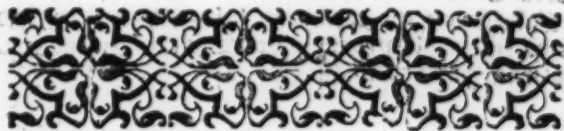
inary thawing wherof, with the great stormes like to fall at the end, will finish this quarter I doubt with many great floudes euersflowings of water.

The griefs that mens bodies are subjects to this quarter, are like to be especially windynesse in the stomack and bowels, swimming in the head, vncertayne wandering Agues, obstruction of the luags, straightnesse in the breast and shortnesse of winde: with many affects of the spleene, and greene sickness, also the dropsie, Lintery flux, consumption, after Agues, the dropsie, Hemoroides, with other mellancholick affects & passions of the hart, by the spleene stopped and corrupted, blacke blood, &c.

If griefes require the aduise of learned skill,  
time fitts againe to vse Physitions adde:

In seeking helpe, be mindefull of this still,

Let others harmes cause shes to be affraide.



# *The likelihood of the weather* for euery day of the yeere, with the change, full, and quarters of the Moone.

## Of Ianuary.

**T**he first and second dayes, windie, and somewhat moist: the third and fourth, sayre blowing dayes.

Last quarter the v. day, somewhat indifferent: the vi. and vii. inclining to moisture: The viii. ix. and x. somewhat better sayre. The xi. and xii. drye and frosty disposed to hayle.

New Moone the xiii. day (being Wednesday) and xiiii. and xv. a moist change, threatening much wet. The xvi. and xvii. store of raine. The xviii. xix. and xx. not altogether so bad.

First quarter the xxi. day, a dryer day: the xxii. and xxiii. windy and variable: The xxiiii. and xxv. colde misting dayes. The xxvi. well amended.

Full Moone the xxvii. day (being Wednesday) and xxviii. reasonable drye and sayre. The xxix. xxx. and xxxi. not much worse, except the last.

## Of Februarie.

**T**he first and second, somewhat close and moist.

Last quarter the third day, a wet day. The iiii. v. and vi. change of wether to better. The vii. and viii. drye and colde. The ix. x. and xi. more variable and wet.

New

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New Moone the xii. day (being Friday) and xiii. namely foggie dayes. The xiiii. and xv. drying skye. The xvi. xvii. and xviii. not very bad though sicklie.

First quarter the xix. and xx. blowing and close wether. The xxi. and xxii. expect some raine. The xxiii. and xxiiii. some fierce windes. The xxv. tending to frost.

Full Moone the xxvi. day (being Friday) and the xxvii. and xxviii. reasonable blowing dayes, and good Springing wether.

## Of Marche.

**T**he first, second and third, shewing wet dayes. The iiij. and v. drye Springing warme wether.

Last quarter the vi. vii. and viii. frosty mornings, but pleasant dayes. The ix. and x. looke for raine and windes. The xi. and xii. wet Springing dewes.

New Moone the xiii. day (being Saturday) the xiiii. and xv. warme dayes, bringing March dust. The xvi. and xvii. windy frosts and saye. The xviii. and xix. pleasant blowing skye.

First quarter the xx. and xxi. seasonable dewes. The xxii. indifferent. The xxiii. a disturbed cloudy skye. The xxiiii. and xxv. good drye wether. The xxvi. some windy dewes.

Full Moone the xxvii. day (being Saturday) and xxviii. saye blowing dayes and seasonable. The xxix. xxx. and xxxi. not altogether so saye, yet kindly.

OF

## A Prognostication.

### Of April.

**T**he first, second, and third, saye, dye, and blowing.  
Last quarter the fourth day, not much amisse: the  
v. and vi. shewing raine. The vii. viii. and ix. hardye  
dye, the x. and xi. more stayed weather.

New Moone the xii. day (being Monday) and xiii. a  
reasonable dye change. The xiiii. and xv. blowing skye,  
The xvi. and xvii. Aprill shewers.

First quarter the xviii. and xix. reasonable warme and  
dye. The xx. xxi. and xxii. indifferent misting dayes: the  
xxiii. and xxiiii. white dispersed cloudes. The xxv. change  
of weather.

Full Moone the xxvi. day (being Monday) a cloudye  
day, the xxvii. xxviii. xxix. and xxx. indifferent dayes for the  
most part.

### Of Maye.

**T**he first, second, and third, close and scarce saye.  
Last quarter the iiii. v. and vi. windy dayes, thye-  
ning wet: the vii. and viii. better weather, the ix. and  
x. indifferent dye.

New Moone the xi. day (being Tuesday) an uncon-  
stant close change, the xii. and xiii. saye and windy, the  
xiiii. and xv. dewes to moisten the ground, the xvi. & xvii.  
hoate and close like to thunder.

First quarter the xviii. and xix. some drops of wet, the  
xx. and xxi. reasonable, yet windie. The xxii. xxiii. and  
xxiiii. some shew of wet by the cloudes.

Full Moone the xxv. day (being Tuesday) and xxvi.  
hoate tumbling dayes. The xxvii. xxviii. and xxix. heate  
alayed, yet dye. The xxx. and xxxi. tempests threatned to  
follow.

Of



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Of Iune.

**T**he first day not very drye.

Last quarter the second and thyrd dayes, some moisture falls: The iiii. and v. drye and fayre. The vi. vii. and viii. not much worse.

New Moone the ix. day (being Wednesday) a windy change. The x. and xi. expect some shewes, the xii. and xiii. a doubt of great tempests: the xiiii. and xv. not altogether so hoat.

Fyft quarter the xvi. and xvii. fayre and windy: the xviii. xix. and xx. sometime wet, but for the most part fayre. The xxi. xxii. and xxiii. drye dayes, and hoate, a little ouercast.

Full Moone the xxiiii. daye (being Thursday) the xxv. drye and reasonable coole: the xxvi. and xxvii. rustling bright dayes: the xxviii. xix. and xxx. not alwayes a like, but shewing sometimes.

Of Iuly.

**T**he first a fayre hoat day.

Last quarter the second day, a reasonable skie, the iii. and iiii. coldish darke ayre: the v. & vi. like to thunder, the vii. and viii. rathe and tempests threatned.

New Moone the ix. day (being Friday) and x. hoat passing day, the xi. xii. and xiii. reasonable coole, and somewhat below the xiiii. windes arise.

Fyft quarter, the xv. xvi. and xvii. not much amisse, though not best, the xviii. xix. and xx. exceeding hoat, especially the last, the xxi. and xxii. not so hoat as the other.

Full Moone the xxiii. day (being Friday) the xxiiii. and xxv. blustering windes, and some wet falleth, the xxvi. and xxvii. moisture abounding, the xxviii. xix. and xxx. hoate tempests,

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tempests, and sharpe, with thunder and darke weather.

Last quarter the xxxi. day, somewhat variable and coole.

### Of August.

**T**he first, ii and iii. reasonable coole and moyst, the iiii. and v. rayne indeede, the vi. ends with thunder.

New Moone the vii. day (being Saterday) a very hoate rumbling change. The viii. and ix. heat alayed with dewes: The x. and xi. windes tolle the clouds. The xii. and xiii. not without raine.

First quarter the xiiii. xv. and xvi. shewing drought with heate and thunder: the xvii. and xviii. not so cutting dayes: the xix. xx. and xxi. blustering winde and sometimes rayning downe.

Full Moone the xxi. day (being Sunday) and the xxii. moyst dayes & foggy. The xxiii. xxv. and xxvi. hoat and dry dayes. The xxvii. xxviii. and xxix. coole winds and drying.

Last quarter the xxx. and xxxi. expect change of weather.

### Of September.

**T**he first somewhat drying. The ii. and iii. heat and rumbling, with some wet. The iiii. coole and drye.

New Moone the v. (being Sunday) a reasonable good change. vi. vii. and viii. though windy yet not much amisse: The ix. and x. moze to be blamed. The xi. & xii. somewhat amended.

First quarter the xiii. xiiii. and xv. reasonable coole with a litle wet. The xvi. and xvii. windes threaten rayne. The xviii. xix. and xx. wet fallies and foggie miste.

Full Moone the xxi. day, being Tuesday, and xxii. saye warme dayes. The xxiii. and xxiiii. not so hoate yet reasonable. The xxv. xxvi. and xxvii. looke for windes and some hoze of wet.

Last quarter the xxviii. xxix. and xxx. raine still shewed by the windes and darke cloudes.

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Of October.

**T**he first a warme day. The. ii. iii. and iiii. indifferent  
day, yet coole.

New Moone the v. day (being Tuesday) a fayre win-  
dye change. The vi. and vii. a little overcast. The viii. ix.  
and x. some variē of weather, but not very bad. The xi.  
and xii. dye and coole dayes.

First quarter the xiii. xiiii. and xv. colde windie betwex.  
The xvi. and xvii. wet dayes. The. xviii. and xix. well  
amended.

Full Moone the xx. day (being Wednesday) and xi. and  
xii. dry and colde dayes. The xxi. and xxii. blustering  
winds with some wet. The xxv. & xvi. scarce holding fayre.

Last quarter the xxvii. and xxviii. reasonable warme yet  
cloudy. The xxix. xxx. and xxxi. hardly dye, yet so, so.

Of November.

**T**he first and second, misting windy dayes.

New Moone the thirde day (being Wednesday) and  
iiii. a wet change at the first. The v. and vi. drying winds.  
The vii. and viii. dye and colde, like to hayle. The ix. & x.  
fayre blowing dayes.

First quarter the xi. xii. and xiii. day, more moist then  
the former. The xiiii. xv. and xvi. indifferent close dayes.  
The xvii. and xviii. threatening frosts and sharpe wether.

Full Moone the xix. day being Friday, and xx. fayre  
blowing skye, for the most part. The xxi. and xxii. not  
without wet mistings. The xxiii. and xxiiii. more warme  
and fayre. The xxv. sharpe colde windes.

Last quarter the xxvi. eyther frosts or mistings betwex.  
The xxvii. and xxviii. rough windy betwex. The xxix. and  
xxx. raine stopes.

Of

## A Prognostication.

### Of December.

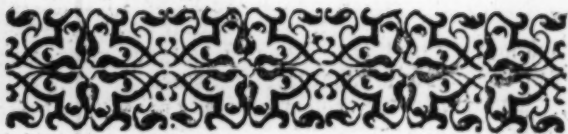
**T**he first and second dayes, scarce saye weather.  
New Moone the third day (being Friday) a reasonable change for the time: the iiii. v. and vi. looke for windy frosts and hayle, the vii. and viii. turned to fleeting moisture: the ix. and x. boysterous stormes of rayne and snowe.

First quarter the xi. day not much better then the former: the xii. and xiii. somewhat amended, the xiiii. and xv. frosty daye dayes, the xvi. and xvii. drying windes arise.

Full Moone the xviii. day being Saturday, and xix. not without some wet: the xx. and xxi. vntedfast dayes, but not very bad, the xxii. and xxiii. saye morning frosts, the xxiiii. rustling windes.

Last quarter the xxv. and xxvi. dayes, colde rayne and flete. The xxvii. and xxviii. it rayneth indeede: the xxix. xxx. and xxxi. daye reasonable dayes, to make amends at the end.

Obfer-



*Observations very needfull to  
be regarded in the principall points of Phisicke  
and Surgery, as followeth: And first  
for Phlebotomye.*

**B**lood (the most principall and necessary humoꝛ in man, the very life it selfe, and treasure of nature) should be of farre greater account in the health of men, then it is amongst our common bloodletters, & ignorant country Barbers, (but especially some) who by a small silly insight (God knowes) which by a little English reading, they suppose to be sufficient in so principall a matter as the health of the bodye) dare very boldly and rashly (beyond all iudgement and good conscience) not onely aduise, but euen in Butcherly sort, draw from poore ignorant people (not by ounces, which is requisite and vsuall) but by grosse quantitties in Balons and other large vessels) great store of this humoꝛ, to the manifest hurt of many, and losse of life to some, with no small grieffe I haue noted, and wish hereafter no moze to see the like.

Wherefoze (as well to giue a caueat to the patient, as also better to aduise the workman in this dangerous matter by mens liues) I haue set downe certaine necessary rules which must be obserued, that the Surgion both with lesse danger, and also to better effect, may performe this businesse being taken in hand: and first foꝛ opening a wayne the most vsuall meanes followed by the Countrey, and rashly performed by such ventrous bolde fellowes as is before mentioned: wherein necessarily must be considered as followeth.

1 First, whether it be needfull to bleed oꝛ no, and wherefoze it is needfull.

2 Secondly, what is conuenient to be Done before bleeding, namely that the body eyther by nature oꝛ Arte be made soluble and digestion finished.

3 Thirdly, what in time of bleeding is to be Done: which the expert workman can easily shew to the patient reddey to bleed.

C

4 Fourth

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4 Fourthly, what vaine in enery needfull cause is to be opened least otherwise the blood be not onely draune forth to no effect, but indeede great hurt be done to nature, as it happeneth (oftentimes) by the losse of so needfull a humoz.

5 Fifthly, what quantity may without danger be euacuated (referred to the strength of the party griened, and the quantity of blood offending, which euery blood letter doth neither desire nor regarde to know) the more is the pittie.

6 Sixtly respect must be had	{	1. to the age	} of the patient.
		2. to the complexion	
		3. to the time of the yeare.	
		4. to the time of the day.	

1 And first for the age: It is dangerous bleeding of any till the age of 14. and no lesse after the age of 56. which do as followeth.

Bleede	{	Youth.	{	From the change to the first quarter of the Moone.
		Middle age		From the first quarter to the full.
		Elder folke		From the full to the last quarter.
		Olde age if neede be.		From the last quarter to the change.

2 For the complexion, generally blood may be let in the signes, Aries, Libra, Sagittarius or Pilces, the Moone being (if may be) in aspect with Iupiter or Venus.

But particularly let blood	{	Phlegmaticke.	{	The	{	Aries or Sagittarius.
		Melancholicke		moone		Libra or Aquarius.
		Chollericke.		mo.		Canc. Scor. or Pilces.
		Sanguine men.		using in		In any of them a- bout named.

3. Accor.

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3 Accor- { Spring is best.  
ding to the { Harvest indifferent.  
time of the { Summer very hot.  
years. { Winter very colde. } both unfit times.

4 Accor- { The morning is best, two or three houres af-  
ding to the { ter Sunne rising, (the body being fasting)  
time of the { shunning the houres of Saturne or Mars.  
day. { The after noone sometime may be conueni-  
ent, so that digestion be finished, and excre-  
ments expelled as is afoze.

7 Seauenthly, there is to be considered after bleeding, that the patient sleepe not presently, neither vse any violent stirring, exercise, or labour, two or three dayes after, (but especially the first day:) and that his dyet be light and of easie digestion, that the blood may be the more pure, which shall succeed: hat other taken away.

Also after bleeding, it is not amisse to take a draught of good Claret wine with a tollie: (except the body be much inflamed, or the inward parts affected with a hoate Agewe, or otherwise with heate) which the well aduised who should giue counsell to this worke, can easily descry.

Memorandum also, that if the extremitie of any dangerous disease (as a pestilent or hoate burning Feuer, the Squinance, the Pleurisie, or any hoate Apostem in the head or body, or any other of blood and Choller) do require speedy letting of blood: it were meere tollie, and greater danger, to stave cyther for a conuenient time, day, or houre, for that the partye might unhappely in the meane time perish, by the losse of time which cannot afterward be redeemed, to the great discredit of the Administer, and greater losse to the diseased, which hath sometime happened, where want of learning hath aduised to stave for fit times, &c.

## Notes for Purging, sweating, Bathing, and other Physicall actions, as followeth.

**W**ith no lesse danger then death, may the vnlearned administer of medicines, cure such as seeke vnto him, not knowing what ought to be indeed in an expert Physitian. For if the bare manuell worke (euen the opening of a wayne which may be stayed at the pleasure of the Agent) be so dangerous (as is before recited:) what care ought there to be in the giuing of an inward potion: which is not at the Physicians pleasure after it is taken: besides how can the vnlettered Ap: (that hath no helpe but imitation) performe that knowledge, which is requisite in the purging and expelling enery humoz in mans body offending: for if it were possible without Arte to descry enery humoz out of course in mans body, yet to iudge of the medicine both in quantitie and quality conuenient (to amend that is amisse in nature) requireth both long study, and no small learning, to the attaining of so secret and necessary knowledge, as in such an Arte is required: for if necessary receipts be so dangerous to be administered, that the adding but two or three graines sometime be deadly, &c. What an error would it be in him, to deale with the medicine, that cannot learne the effect of so dangerous a thing. Nay greater farre and more perillous were the error where one should be so bold to administer aboue three scoze graines of a dangerous working medicine, the quantity wherof according to Arte is allowed to be but xii. graines or a little more: (a French crowne weight I suppose in this cause is a dangerous English error. But no more of this good neighbor.) Nescire, errare, decipi hominis est, and so I leaue it. My purpose is to set downe to them which shall haue neede, the necessarie notes to be well knowne to those that shall meddle with such dangerous edgetooles as some purging medicines are, as followeth.

I. First therefore in administering purging phisicke, it is to  
be



be considered, whether the party be fit to be purged or no, for (by Galens rule) those that abound with many crude, grosse and stumie humors, or are swelled and full about the heart and Midsiffe, and affected with heat, &c. or otherwise troubled with great inflammation, are vnfit indeed for such kinde of Physicke.

2 Secondly, if purging be needfull, then that the humor offending be well knowne it is necessary, otherwise the purging (though it worke) is eyther vnprofitable or very dangerous, taking the best and leauing the worst (which is cause of greater inconuenience.

3 Thirdly, the nature of the medicine must be well known fit for euacuating euery seuerall humor, and the quantitie thereof applyed (by discretion) according to the strength and estate of the party ill affected: and the same also by Arte to be corrected of such ill qualities as it possesseth, least the sick be made worse, and the medicine breed infection.

4 Fourthly, if the humor be vnconcocted (that is tough and not ripe) it is to be digested and made flurible by preparating and soluble meanes, three or foure dayes before, (but especially if the body be vsually bound) otherwise the meanes doth often prooue in vaine, if not very dangerous.

5 Fifthly, euery humor must be holpen forth of the body, by such places as are most conuenient for the passage of the same, and with medicines agreeable, as namely:

Consider whether it be best to purge with	{	Potions.	}	for the stomacke.
		Electuaries.		
		Gomits.		
	{	Pylles or Gargarismes.	}	for the head.
Or Clysters.		for the Bowels.		

6 Sixtly, both these and other points of Physicke, are to be performed according to the rules of Astrologie, and the

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effect will be the better : therefore it is good generally to purge, the Moone hauing her course in Cancer, Scorpio or Pisces, comforted by the aspects of the Planets, strengthening the vertue expulsive.

But perticularly purge with potions, the Moone being in Scorpio.

With Electuaries, in Cancer.

With Sylls, in pisces.

With Gargarismes, in Arie and Cancer.

With Clysters, in Libra and Scorpio.

With Vomits, in Aries, Taurus, and Capricornus.

Also it is good to vse Preparatiues, in Gemini, Libra, and Aquarius.

Item, good to sweate, in Aries, Leo, Sagittarius, Cancer, Scorpio or Pisces.

Item, good to Bathe, in Aries, Leo and Sagittarius.

Item, good to stoppe the course of any humoz, Flux, or Retorne, in the signes Taurus, Virgo, Capricornus.

But the foure naturall vertues in mans body  
are best succoured as followeth.

1 First the Attractive vertue ( which serueth to drawe nourishment to euery part of the body) is strengthened best to perfoyme his duty, the Moone moouing in the fierie signes Aries, Leo and Sagittarius.

2 Secondly, the vertue Retentive (so called) because it reteineth nourishment receiued, till it be duly digested) is especially holpen in the earthy signes, Taurus, Virgo, Capricornus.

3 Thirdly, the digestiue vertue (whose vse is to alter and concoct the nourishment (receiued and reteined) into a nutritiue forme, is strengthened best to perfoyme his operation, the Moone being in the aery signes, Gemini, Lib.a, Aquarius.

4 Fourthly,

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4 Fourthly, the vertue expulsive (whose office is to expell superfluous excrements, brinneete for the bodyes nourishment) is comforted to performe his duty best in the watrie signes, Cancer, Scorpie, and Pices.

Other necessary notes for husbandry,  
and other vses, as followeth.

Sowe or set Seedes, the Moone being in Taurus, Cancer, libra, Virgo or Capricornu, and that in the increase.

Plant and Graffe, in Taurus or Aquarius, also in the increase.

Cut Timber to haue it sound, in the wane of the Moone, and in the five last moneths, in the signes Aquarius or pices.

Remoue Trees that are young in Februarie or September, in the last quarter of the Moone, and the signes Taurus and Capricorne

Selde Cattle, in the signes Aries, Libra or Capricornus, and in the wane of the Moone.

FINIS.



*A perfect direction of the best and  
rediest high waies, from any notable towne  
in England, and from the cittie of London to  
any notable towne: and likewise from one  
notable towne to another.*

**From Barwicke to Yorke.**

<b>F</b> rom Barwicke to Belforde.	xii. mile.
From Belforde to Antwicke.	xii. mile.
from Antwicke to Hoxpit.	xii. mile.
from Hoxpit to Newcastle.	xii. mile.
from Newcastle to Durham.	xii. mile.
from Durham to Darington.	xiii. mile.
from Darington to Northalerton.	x. mple.
from Northalerton to Copclyfe.	vii. mple.
from Copclyfe to Yorke.	xvi. mile.

**From Yorke to London.**

<b>F</b> rom Yorke to Tadcaster.	xtii. mile.
From Tadcaster to Wenthbridge.	xii. mile.
from Wenthbridge to Dancaſter.	vii. mile.
from Dancaſter to Turſorde.	xbiij. mile.
from Turſorde to Newmarke.	x. mile.
from Newmarke to Grantham.	x. mile.
from Grantham to Stamforde.	xbi. mile.
from Stamforde to Stilton.	xii. mile.
from Stilton to Huntington.	ix. mile.
from Huntington to Roſſon.	xb. mile.
from Roſſon to Ware.	xiii. mile.
from Ware to Waltham.	viii. mile.
from Waltham to London.	xii. mile.

**From Yorke to Nottingham.**

<b>F</b> rom Yorke keepe London way to Dancaſter, and	from Dan-
taster to Maunſfield in Sherewoode.	ce. mile.
from Maunſfield to Nottingham.	vi. mile.

**From Nottingham to London.**

<b>F</b> rom Nottingham to Loughborough.	viii. mile.
from Loughborough to Leiceſter.	iiii. mile.
	from

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from Leicester to Harborough.  
 from Harborough to Northampton.  
 from Northampton to Stone Stratford. x. mile. and so to London,  
 as in the way of Countrey appeareth hereafter.

### From Yorke to Shrewsburie.

From Yorke to Wetherby.	xii. mile.
from Wetherby to Oteley.	xii. mile.
from Oteley to Bradford.	vi. mile.
from Bradford to Halifax.	vi. mile.
from Halifax to Blackstone edge.	vi. mile.
from Blackstone to Rochdale.	vi. mile.
from Rochdale to Manchester.	viii. mile.
from Manchester to Nottingham.	xvi. mile.
from Nottingham to Besson wood.	ix. mile.
from Besson wood to Whitchurch.	x. mile.
from Whitchurch to Pryce.	iii. mile.
from Pryce to Shrewsbury.	xii. mile.

### From Yorke to Cambridge.

From Yorke keepe London way untill ye come to Huntingdon,  
 and then haue you xii. mile to Cambridge.

### From Yorke to Oxeforde.

Keepe London way from Yorke to Northampton. from Northampton  
 to Eocester. vii. mile. from Eoceter to Blackley. vii. mile.  
 from Blackley to Oxeforde. xvi. mile.

### From Lincolne to London

From Lincolne to Ancaster. from Ancaster to Witsfelde. From  
 Witsfelde to Stamford, and so forth. From Stamford to Sil-  
 son as in Yorke way.

### From Boston to London.

From Boston to Bourne. xxi. mile.  
 from Bourne to Stilton. And so to London as in Yorke way.

### From S. Davids to Gloster, and so to London.

From Saint Davids to Aresford.	xii. mile.
from Aresford to Carmarden.	xxiii. mile.
from Carmarden to Newton.	xi. mile.
from Newton to Lambury.	x. mile.
from Lambury to Brecknocke.	xvi. mile.
from Brecknocke to Hay.	x. mile.
from Hay to Hereford.	viii. mile.
from Hereford to Glos.	xi. mile.

## The Hygh wayes.

from Gidde to Gloucester.	xii. myle
from Gloucester to Chichester.	xv. myle
from Chichester to Farington.	x. myle
from Farington to Abington.	x. myle
from Abington to Dorchester.	v. myle
from Dorchester to Dorley.	xij. myle
from Dorley to Maidenhead.	vi. myle
from Maidenhead to Colbroke.	vii. myle
from Colbroke to Gounslowe.	v. myle
from Gounslowe to London.	x. myle

From Carmarthen to Worcester, and so to London.

From Carmarthen to Laundonery.	xx. myle
from Laundonery to Belthe.	xviii. myle
from Belthe to Prestene.	xii. myle
from Prestene to Worcester.	xxvi. myle
from Worcester to Eueham.	xii. myle
from Eueham to Chippingnorton.	xiii. myle
from Chippingnorton to Illip.	xii. myle
from Illip to Wicheam.	xx. myle
from Wicheam to Beconsfalte.	v. myle
from Beconsfalte to Urbridge.	vii. myle
from Urbridge to London.	xv. myle

From Carnaruan to Chester, and so Couentrie, and  
so to London.

From Carnaruan to Contway.	xxviii. myle
from Contway to Denbigh.	xi. myle
from Denbigh to Flynt.	xii. myle
from Flynt to Chester.	x. myle
from Chester to Wyche.	xv. myle.
from Wyche to Stone.	xv. myle
from Stone to Lychesfelde.	xvi. myle.
from Lychesfelde to Colefyl.	xii. myle.
from Colefyl to Couentry.	xiii. myle.
from Couentry to Depatry.	xviii. myle.
from Depatry to Cocester.	x. myle.
from Cocester to Stonystratford.	vi. myle.
from Stonystratford to Byrchppl.	vii. myle.
from Byrchppl to Dunstable.	vii. myle.
from Dunstable to Sapet Albons.	x. myle
from Saint Albons to Barnet.	x. myle.
from Barnet to London.	x. myle.
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## From Cockermouth to Lancaster and so to London.

From Cockermouth to Keswick.	vii. myle
From Keswick to Crocener.	viii. myle
from Crocener to Kendale.	xiii. myle.
from Kendale to Burton.	vii. myle
from Burton to Lancaster.	vii. myle
from Lancaster to Preston.	xx. myle
from Preston to Wigan.	xiii. myle
from Wigan to Warrington.	xii. myle
from Warrington to Newcastle.	xx. myle
from Newcastle to Lichfield.	xx. myle.
from Lichfield to Couentry xx. myle, and so to London, as in the way of Couentry appeareth.	

## From Shrewesburie to Couentrie.

From Shrewesburie to Watlingstreete.	vii. myle.
From Watlingstreete to Shetnal.	v. myle.
from Shetnal to Honigale.	iii. myle.
from Honigale to Woluerhampton.	v. myle.
from Woluerhampton to Wemicham.	x. myle.
from Wemicham to Heriden.	x. myle.
from Heriden to Couentry .iii. myle. and so to London as aforesayd.	

## From Couentrie to Oxeforde.

From Couentry to Southham.	x. myle.
from Southham to banberp.	x. myle.
from banberp to Woodstocke.	xii. myle.
from Woodstocke to Oxeforde.	vii. myle

## From Couentrie to Cambridge.

From Couentry to Dunchurche.	viii. myle.
from Dunchurch to Northampton.	x. myle
from Northampton to Wigham sextis.	x. myle.
from Wigham sextis to S. Edes.	viii. myle.
from S. Edes to Cambridge.	x. myle.

## From Cambridge to London.

From Cambridge to Fulmire.	vi. myle
from Fulmire to barktwape.	vi. myle
from barktwape to Ware.	xii. myle
from Ware to Waltham.	vii. myle
from Waltham to London.	xii. myle

## From Oxeforde to London.

From Oxeforde to Wheate hydge.	v. myle from
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## The High waies.

From to beate hydgc to Tetfworth.	b. myle
from Tetfworth to Stoken Church.	b. myle
from Stoken Church to Wychem.	b. myle
from Wychem to Beconfeelde.	b. myle
from Beconfeelde to Arhydgc.	vii. myle
from Arhydgc to London.	xv. myle

### From Douer to London.

From Douer to Canterbury	xii. myle.
from Canterbury to Syttingburne.	xii. myle
from Syttingburne to Rochester.	liii. myle.
from Rochester to Grauesende.	b. myle
from Grauesende to Datsford.	vi. myle
from Datsford to London.	xii. myle

### From Rie to London.

From Rie to Plimtwell.	xv. myle
from Plimtwell to Conbidge.	xii. myle
from Conbidge to Chepstowe.	lii. myle
from Chepstowe to London.	xvii. myle

### From Yarmouth to Ipswich, and to Colchester and so to London.

From Yarmouth to Lestoffe.	vi. myle
from Lestoffe to Blibur.	x. myle
from Blibur to Snaybridge.	liii. myle
from Snaybridge to Woodbridge.	liii. myle
from Woodbridge to Ipswich.	b. myle
from Ipswich to Colchester.	xii. mile
from Colchester to Easterfelde.	viii. myle
from Easterfelde to Chelmesforde	x. myle
from Chelmesforde to Bzentwoode.	x. myle
from Bzentwoode to London.	xv. myle

### From VValsingham to London.

From VValsingham to Picknam.	xii. myle
from Picknam to Brandon ferry.	x. myle
from Brandon ferry to Newmarket.	x. myle
from Newmarket to Wiltfordbridge.	xii. myle
from Wiltfordbridge to Barkway.	x. myle
from Barkway to Ware.	xii. myle
from Ware to Waltham.	liii. myle
from Waltham to London.	xii. myle
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From Yarmouth to Norwich.

**F**rom Yarmouth to Ockel biii. mile  
from Ockel to Norwich. viii. mile

from Norwich to London.

**F**rom Norwich to Windam, from Windam to Acleborough,  
alias Littleborough. x. myle  
from Littleborough to Thetford x. mile  
from Thetford to Yellingham sands. bi. myle  
from Yellingham sands to Newmarket x. mile  
from Newmarket to Attlesburgh. xii. mile  
from Attlesburgh to Barkway. x. mile  
from Barkway to Ware. xii. myle  
from Ware to Watlingham. viii. myle  
from Watlingham to London. xii. myle

From Southampton to Haileforde in

Cornwall along the Sea Coastes.

**F**rom Southampton to Kingwood. xii. mile  
from Kingwood to Poole. viii. myle  
from Poole to Milton. xv. mile, & so passe the ferry to Waimouth  
from Waimouth to Linn. xviii. mile  
from Linn to Ermouth. xv. myle  
from Ermouth passe the ferry to Timmouth. x. myle  
from Timmouth passe the ferry to Dartmouth. xii. myle  
from Dartmouth passe the ferry to Salcom. viii. mile  
from Salcom to Plimmoeth, take a guide at Salcom, for the way  
is dangerous by reason of sundry creekes and passages. xii. mile  
from Plimmoeth passe the ferry to Salta. iii. myle  
from Salta to Lowe. x. myle  
from Lowe to Fow. viii. myle  
from Fow passe the ferry to Truto. xviii. mile  
from Truto to Haileforde. bi. myle

From Southhampton to London.

**F**rom Southhampton to Twisforde biii. mile  
from Twisforde to Alseforth. viii. mile  
from Alseforth to Alton. vii. mile  
from Alton to Farnam. vii. mile  
from Farnam to Gifforde. vii. mile  
from Gifforde to Apple. vi. mile  
from Apple to Cobham. vi. mile  
from Cobham to Kingston. h. mile

## The Hyghwayes.

from Kingstons to London.

x. myle

From Southhampton to Bristow.

From Southhampton to Salisburp.

xlii. myle

from Salisburp to W Dorchester.

xviii. myle

from W Dorchester to Bystowe.

xx. iii. myle

From Berstabe to Bristow.

From berkstabe to Dunster.

xviii. myle

from Dunster to Camidge.

xii. myl

from Camidge to W Deare.

xii. myle

from W Deare to bystow.

xv. myle

From Bristow to Oxford.

From bystow to SADBURY.

x. myle

from SADBURY to Ciceter.

xii. myle

from Ciceter to Farington.

xiii. myle

from Farington to Orfod.

xii. myle

From Bristow to Shrewesburie.

From bystowe to Aust.

viii. myle.

from Aust passe the Ferry to Munmouth.

x. mile

from Munmouth to Herefords.

xii. myle

from Herefords to Lemster.

xii. mile.

from Lemster to Ludlow.

viii. myle

from Ludlow to Shrewesburp.

xx. myle.

Another way from Bristow, which is farther about, but you shall passe no Ferry.

From bystow to Newpore.

xv. myle

from Newpore to Glocester.

xv. myle

from Glocester Tewkesburp.

vii. myle.

from Tewkesburp to W Worcester.

xii. myle.

from W Worcester to Kiddermolester.

x. myle.

from Kiddermolester to bydgenoth.

xii. myle

from bydgenoth to Shrewesburp.

xiii. myle

From Bristow to Cambridge.

From bystow to SADBURY.

x. myle.

from SADBURY to Ciceter.

xii. myle.

from Ciceter to Came. From Came to buckingham. From buckingham to bedford, from bedford to Cambydge.

xx. myle

From Bristow to London.

From bystow to Warehede.

x. myle

from Warehede to Chyppum.

x. myle

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from Chipman to Darlebozoto.  
from Darlebozoto to Hungerford.  
from Hungerford to Newbury.  
from Newbury to Reading.  
from Reading to Maidenhead.  
from Maidenhead to Colbrooke  
from Colbrooke to London.

xv. myle  
vii. myle.  
vii. myle  
xv. myle  
x. myle  
vii. myle  
xv. myle.

## From S. Burien in Cornewell to Exceter.

From S. Burien to the Mount.  
from the Mount to S. Truro.  
from S. Truro to bodmin.  
from bodmin to Lannston.  
from Lannston to Hampton.  
from Hampton to Crockhamwel.  
from Crockhamwel to Exceter.

xx. myle.  
xii. myle.  
xii. myle.  
xx. myle.  
xv. myle  
x. myle.  
x. myle

## From Exceter to Salisbury, and so to London.

From Exceter to Honiton.  
from Honiton to Charde.  
from Charde to Crokehozne.  
from Crokehozne to Sherborne.  
from Sherborne to Shaftesbury.  
from Shaftesbury to Salisbury.  
from Salisbury to Andeuer.  
from Andeuer to Basingstoke.  
from Basingstoke to Warlerow.  
from Warlerow to Bagshot.  
from Bagshot to Stanes.  
from Stanes to London.

xii. myle  
x. myle  
vi. myle  
x. myle  
xii. myle  
xviii. myle  
xv. myle  
xvi. myle  
viii. myle  
viii. myle  
viii. myle  
xv. myle

There is another waye from Exceter to London, and in maner as neare, which some do account the better way, that is to say.

From Exceter to Honpton  
from Honiton to Burport.  
from Burport to Dorchester.  
from Dorchester to Blandford.  
from Blandford to Salisbury. xx. myle. & so to London as before.

xii. myle  
xvi. myle  
xii. myle  
xii. myle  
xii. myle

## From Totnes in Devonshire to Exceter.

From Totnesse to Newton busshell.  
from Newton busshel to Exceter.

xiii. myle  
xii. myle  
From

## The High wayes.

### From Plimouth to Exceter.

From Plimouth to Plinton	iii. myle
from Plinton to Ashburton	xvi. myle
from Ashburton to Chidley.	xiii. myle
from Chidley to Exceter.	xii. myle

### From Dartmouth to Exceter.

From Dartmouth first passe ouer the ferry to Kings weere, from	
Kings weere to Compton	vi. myle
from Compton to Newton bushell	vi. myle
from Newton bushell to Exceter	xii. myle

### From Exceter to Barstable.

From Exceter to Ripton	xii. myle
from Ripton to Cobstonston	iii. myle
from Cobstonston to Colridge	vi. myle
from Colridge to high Bickington.	xiii. myle
from high Bickington to Barstable.	vi. myle

### From Exceter to Bristow.

From Exceter to Collampton.	x. myle
from Collampton to Welington	xvi. myle
from Welington to Taunton	v. myle
from Taunton to hydaewater	xii. myle
from hydaewater to Glaffenbury	xi. myle
from Glaffenbury to welles	xii. myle
from welles to Bristow.	xv. myle

FINIS.

